



POSITIVE SEXUAL HEALTH

Family Planning

# The Pill

## Progestogen-only (POP)

### Instructions for Use

**Start your pill on .....**

Take a pill every day until the pack is finished.

On the next day, start your new pack.

**Do not have a break.**

It is important that you take your pill at the **same time** every day.

You will be contraceptively safe after taking

..... pills. Use a condom or do not have sexual intercourse until then.

**You may not be protected from pregnancy if you**

- miss a pill or take it more than ..... hours after the normal time
- vomit within 3 hours of taking your pill or have continued vomiting
- have diarrhoea (several loose bowel motions).

If any of these things happen

- **continue taking the pill**
- use another method of contraception such as condoms or do not have sexual intercourse for the **next** .....

All pills are hormone pills. If you stop taking them every day, you may become pregnant.

Your periods may be regular on this pill.

However, some women have irregular bleeding or no bleeding at all.

If you miss a period for 6 weeks, contact your health professional for advice.

**If you have unprotected sexual intercourse** contact a Family Planning Clinic or your doctor for **emergency contraception** within 72 hours (24 hours if possible). The sooner the better.

**Condoms help protect against sexually transmissible infections.**

**Your Health Professional**